

Arrival Dinner

Butternut & Quinoa Salad w Crumbed Feta

DAY 1

Breakfast

Gluten-Free soaked Oats & Cinnamon w Fresh Berries & Toasted Coconut Flakes

or

Chia Berry & Banana Bowl w Salted Almonds

Lunch

Lemon-Herb Chicken w a Garden Salad of Young Spinach, Cherry Tomatoes, Avo & Carrots

- dressed w Toasted Seeds, Sprouts, Tahini & Lemon

Dinner

Autumn Soup of Lentils, Tomato, Celery, Red Pepper & Leeks w Fresh Parsley & Spring onion

DAY 2

Breakfast

Sunshine Chia Bowl w Munching Muesli & Seasonal Fruit

Lunch

Asian White Fish served w Crunchy Cauliflower, Broccoli, Cabbage & Red Apple Salad

- dressed w Honey & Almonds and Pumpkin- & Sunflower Seeds

Dinner

Spicy Green Cleansing Soup w Courgette, Spinach & Broccoli

- topped w Fresh Coriander, Mint & Parsley

DAY 3

Breakfast

Happy Heart Smoothie Bowl w Pineapple, Banana, Spinach and Flax- & Chia Seeds

Lunch

Mediterranean Oven-Baked Sweet Potato

- topped w Chickpea Hummus, Fresh Tomato & Parsley

Dinner

Hearty Chicken Soup w Bok Choy, Courgette, Fresh Sprouts & Chopped Coriander

Day 4

Breakfast

Luxury Almond, Berry & Chia Oats w Honey, Fresh Fruit & Toasted Coconut Flakes
